

## Picture Your Life Without Tobacco Text Blocks

### ~25 Words

No matter how long you've used tobacco, your health will improve as soon as you quit. Quitline Iowa is here to help you. Enroll today.

*Call 1-800-QUIT-NOW, or log on to [www.quitlineiowa.org](http://www.quitlineiowa.org) to learn more.*

### ~50 Words

You may have been smoking for so long that it feels like a physical part of you. But it's not too late to quit. Quitline Iowa will give you access to a Quit Coach® staff member and a personalized Quitting Plan, which may include free nicotine substitutes.

Enroll today.

*Call 1-800-QUIT-NOW, or log on to [www.quitlineiowa.org](http://www.quitlineiowa.org) to learn more.*

### ~100 Words

You may have smoked for so long, it feels like a physical part of you. But it's not too late to quit. No matter how long you've smoked, your health will improve within 20 minutes of quitting, when your blood pressure will stabilize.

Quitline Iowa is here to help. A Quit Coach® staff member will put together a Quitting Plan just for you, which may include free nicotine patches or gum. You'll also have lifetime membership to the Web Coach® website, a private community where you can learn strategies, track your progress, and connect with coaches and participants.

It's free. Enroll today.

*Call 1-800-QUIT-NOW, or log on to [www.quitlineiowa.org](http://www.quitlineiowa.org) to learn more.*

### ~250 Words

You may have smoked for so long, it feels like a physical part of you. But it's not too late to quit.

No matter how long you've smoked, your health will improve within 20 minutes of quitting, when your heart rate and blood pressure stabilize. After two weeks, your circulation and lung function improve. After one year, your excess risk of coronary heart disease will be half that of a continuing smoker.

Quitline Iowa is here to help. A Quit Coach® staff member will put together a Quitting Plan just for you and provide one-on-one coaching and expert guidance. You'll have unlimited phone access to a coach so that you're never alone.

When you enroll in the program, you'll also receive:

- An easy-to-use printed Quit Guide you can reference in any situation to help you stick with your Quitting Plan. It will include special information addressing any medical conditions.

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- Advice on which type, dose, and duration of nicotine substitute or medication is right for you, and on how to use it so it really works. You'll receive free nicotine replacement therapy (patch, gum, lozenge) if part of your Quitting Plan.
- Membership to the Web Coach® website, a community where you can complete activities, watch videos, track your progress, and join in discussions with coaches and other participants.

Picture your life without tobacco – you'd feel a lot better. Quitline Iowa is free to qualified Iowa residents. We're here to help. Enroll today.

Call 1-800-QUIT-NOW, or log on to [www.quitlineiowa.org](http://www.quitlineiowa.org) to learn more.

*The Quit For Life® Program is brought to you by the American Cancer Society® and Alere Wellbeing. The two organizations have 35 years of combined experience in tobacco cessation coaching and have helped more than 1 million tobacco users. Together they will help millions more make a plan to quit, realizing the American Cancer Society's mission to save lives and create a world with more birthdays.*

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